

# Chickpeas and Spinach Saut

Rating: ★★★★★

**Prep time:** 20 minutes

**Cook time:** 30 minutes

**Makes:** 4 Servings

Sautéed veggies simmered with a can of tomatoes, chickpeas and wilted spinach make up this colorful dish. This recipes calls for chickpeas and spinach but any combination of "beans and greens" will work.

## Ingredients

- 1 tablespoon** vegetable oil
- 1** yellow onion (peeled and chopped)
- 1 clove** garlic (peeled and minced)
- 1** celery stalk (chopped)
- 1** carrot (chopped)
- 1 can** 14.5 ounce low-sodium diced tomatoes (including liquid)
- 1 can** 16 ounce low-sodium chickpeas (drained and rinsed with cold water)
- 1/4 cup** water
- 1 package** 10 ounce frozen spinach (kale can be used instead of spinach)
- 1 teaspoon** fresh lemon juice (or red vinegar)
- 1/4 teaspoon** Crushed red pepper flakes

## Directions

1. Put a skillet on the stove on medium high heat. When the skillet is hot, add oil.
2. Add onion, garlic, celery and carrot and cook



## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	193	
Total Fat	7 g	11%
Protein	10 g	
Carbohydrates	28 g	9%
Dietary Fiber	10 g	40%
Saturated Fat	1 g	5%
Sodium	256 mg	11%

## MyPlate Food Groups

Vegetables	1 3/4 cups
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about 15 minutes until the mixture is soft and the onions are lightly browned.

3. Raise the heat to high and add the tomatoes, beans (white beans instead of chickpeas) and water and cook for 5 minutes. Lower the heat to low and top the mixture with the spinach (don't worry about stirring). Cover and cook until the spinach has thawed and heated throughout, about 10 minutes. Stir well.

4. Add the lemon juice and red pepper flakes and stir thoroughly.

5. Serve with cooked quinoa or brown rice.

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